Toronto named the world's mecca of multiculturalism by BBC study metroNEWS

Toronto metro

Your essential daily news | TUESDAY, MAY 17, 2016

High 16°C/Low 7°C Mainly sunny

GET READY, THEY'RE REVVING UP

How prepared is Toronto for the *driverless car* revolution?
metroNEWS

Mother killed, unborn baby lives

EMERGENCY C-SECTION

Child faces tough — not impossible — road ahead, experts say

Not much is known about the tiny, premature baby lying in Sunnybrook Hospital.

Police have said only that 35-year-old Candice Rochelle Bobb's baby, delivered by emergency C-section about four months premature, is in stable condition.

Bobb was shot while sitting in the back of a car Sunday evening and died from her injuries. But doctors were able to deliver her baby.

Neonatal experts, who track babies' development by weeks, not months, say the baby faces a tough, but not impossible road ahead. In such situations, every week counts, they said.

Andrew James, a staff neonatologist and interim head of division of neonatology at the Hospital for Sick Children in Toronto, who is not treating Bobb's baby, said the bottom line is that the baby is in the wrong place: Outside of its mother.

"Babies born (at) less than 22 to 23 weeks don't have a realistic shot of survival," he said.

"That's simply because of the biology of the lungs. The lungs are actually so immature that they cannot sustain life outside the uterus."

In cases like this, a baby's chances come down to weighing probabilities, but every situation is different, he said.

Extremely premature babies are also at risk for long-term complications even if they make it through that first touch-and-go period, said Ashley Waddington, an assistant professor in the department of obstetrics and gynecology at Queen's University's medical school.

These can include developmental delay, blindness and hearing impairment.

"Premature babies do face a bit of an uphill battle," she added. "Having said that, we've seen very good outcomes for babies who are born at 24 weeks, and we've seen, obviously, terrible outcomes for babies who are born that early."

The youngest premature baby she has looked after who survived was around the 24-week mark, Waddington said.

Candice Rochelle Bobb. TORONTO POLICE SERVICE/THE CANADIAN PRESS

Police were investigating the possibility of a shooter or shooters travelling eastbound on John Garland Boulevard. They were canvassing the area Monday, looking for surveillance footage.

Mayor John Tory on Monday called the shooting death "a tragedy" and "a travesty."

"I want to express my sympathies to her friends and to her family and my heart goes out in particular to her baby — no baby should come into this world without a mother," Tory said.

TORSTAR NEWS SERVICE

EMERGENCY IN ALBERTA | Wildfire forces evacuation of camps north of Fort Mac | metroNEWS

MasterCard® with Apple Pay.
Now available in Canada.

Enjoy all the benefits of your MasterCard using Apple Pay.
It's the easy, secure and safe way to pay.
Visit MasterCard.ca/Apple-Pay to find out more.

MasterCard | Pay

One touch to priceless.

®MasterCard, Priceless, and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. © 2016 MasterCard.

metro NEWS

Your essential daily news

'I stand on the shoulders of giants,' says Canadian astronaut assigned to ISS. **Canada**

You can squeeze in the green

INTENSIFICATION

Advocate urges city to rethink public spaces in tight areas

Steven Goetz
For Metro | Toronto

As cities across the Greater Golden Horseshoe grapple with how to create green spaces in densifying neighbourhoods, a new report highlights 15 projects that point the way forward.

"As we continue to grow and intensify, we need to ensure we are creating places for people," said Jake Tobin Garrett, Park People's manager of policy and research and the report's author. "It's important to look outside of your traditional idea of what a park can be."

Urban parks need more than a bit of green space and some dedicated sport facilities to meet the needs of residents who lack their own private outdoor spaces, the report says.

The parks highlighted in the report support a wide variety of uses, including farmers' markets, movie nights, community barbecues, outdoor yoga classes and cultural festivals.

The challenge, according to Garrett, is finding space for all those uses in small or unlikely locations. The report cites a number of linear parks planted along transit corridors and streets that can allow for such diverse programming.

"We should be looking at our public streets as a resource for public space," Garrett said.

A panel will discuss the report's finding at the Urbanspace Gallery at 401 Richmond St. W. on May 26 at 6:30 p.m.

HIGHLIGHTS

11 Wellesley St. West
This park is cited for consolidating parkland from nearby developments and transcending its place atop a parking garage.

Gibson Park
This North York park shares maintenance between the city and developers and incorporates the Gibson House Museum.

The Berczy Park redevelopment is an example of public space in a vertical area, says Jake Tobin Garrett. The park will include a kids' play area, dog park and fountain, all paid for by developers. LIZ BEDDALL/METRO; INSET: CONTRIBUTED

David Crombie Park in St. Lawrence Market is one of more than 290 parks in the city named after men. TORSTAR NEWS SERVICE FILE

BECAUSE IT'S 2016

Only 22% of parks named for women

Gilbert Ngabo
Metro | Toronto

When it comes to their names, Toronto's public parks are still in a man's world.

A recent report from Spacing Magazine found four times as many parks in the city are named after men than women. It says there are 292 parks with names derived from men, compared to only 82 for women.

"It speaks to how the naming policy needs to change," said Coun. Shelley Carroll, who noted women were historically excluded from political life in Toronto. "There's still a long history of thinking that you made a contribution to the community if you're the man. That's wrong and it needs to change."

Carroll is working on three parks projects in her ward and said it wouldn't be difficult to find "extraordinary women" to name them after. One park is at the Tridel development near Sheppard Avenue and Consumers Road, and the others will be incorporated into social-housing revitalizations at Leslie Nymark and Allenbury Garden.

The veteran councillor thinks the city should look beyond politics for inspiration when choosing names for parks and other memorials. By considering fields such as social work and community activism, Toronto could better honour the city-building work done by women, she said.

"It sends a message that making a contribution doesn't have anything to do with gender," she said. "If you're a growing city like Toronto, you owe it to your people to recognize everyone."

GET OUT OF DEBT | WITHOUT BANKRUPTCY WITHOUT LOANS | FREE CALL 310-9200 WWW.DAVIDSKLAR.COM

DAVID SKLAR, CPA, CIRP, LIT

DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee

Tory preparing ground for new taxes, asset sales

FINANCES

But mayor vows to keep his pledge on property tax

Mayor John Tory is preparing Toronto residents for new taxes after city manager Peter Wallace, inset, urged the city to address a bleak fiscal outlook. TORSTAR NEWS SERVICE

Mayor John Tory is preparing Torontonians for new taxes or fees to pay for transit and social housing as well as a public debate about selling city assets.

Tory made the case Monday after city manager Peter Wallace released a report urging council to address a bleak long-term fiscal outlook that includes a growing gap between spending and revenues.

Wallace will soon release a report on possible "revenue tools" — new taxes or levies on parking spaces, alcohol, gasoline, road tolls or more — to help Toronto pay for transit expansion and Toronto Community Housing repairs.

"Once that report is received," Tory told reporters in his office, "we will move ensure that the city has a sustainable source of revenue to finance the building and operation of transit in Toronto and the supply and repair of housing."

Tory refused to pick preferred new taxes or fees, and vowed he won't renege on his campaign pledge to limit property tax hikes to at, or around, the rate of inflation.

The mayor agreed with Wallace that Toronto council needs to take a hard look at "monetizing" some city assets to free up money to pay for capital expenses including transit expansion.

Tory also called for greater spending accountability from Toronto's arms'-length agencies.

He said he was flabbergasted to recently learn the TCHC board approved long-term debt — $250 million in May 2007 and $200 million in February 2010 — for Regent Park redevelopment and other capital costs without seeking city council approval and with no plan to repay the debentures that cost $23 million a year in interest.

"I can't speak to decisions made in 2007 and 2010, but today this type of decision would not be made (today) without full knowledge of the city … Robust communications channels have been put in place within the past two years," TCHC spokeswoman Lisa Murray said in an email.

The city manager's report says council has in recent years papered over a dangerously widening gap between spending and revenues.

Spending has actually decreased in recent years, when you account for inflation and population growth, but council has approved city-building initiatives including transit expansion and poverty-reduction efforts with no clear plan to pay for them, Wallace said.

TORSTAR NEWS SERVICE

CITY HALL

Committee holds off on key provision of bike plan

A city hall committee approved a plan to expand Toronto's cycling network on Monday, but watered down one of its key provisions.

The public works and infrastructure committee gave the green light to a 10-year cycling network plan that identified 525 km of new cycling infrastructure projects to be built over the next decade.

The committee also approved funding the plan at the level that staff recommended level — $16 million a year — which would approximately double the city's annual spending on bike infrastructure.

The plan will go before city council next month for a decisive vote.

But committee chair Coun. Jaye Robinson moved a motion to hold off on a major feature of the plan: proposed studies of adding cycling infrastructure to eight major streets.

The motion passed 4-1, with Coun. Mary-Margaret McMahon the lone dissenter.

Robinson said her motion would not mean that the corridor studies were permanently off the table, as the bike network plan would be reviewed in two years as part of the 2019 budget process. Studies of sections of three sections of the corridors that are already in progress would also not be halted.

But Robinson said that she wanted to first see the results of a high-profile pilot project of bike lanes on Bloor St. W. before assessing the other major streets. A report on the Bloor project is expected next summer.

The eight major corridors that staff recommended assessing for bike infrastructure are Yonge St., Bloor, Danforth Ave., Jane St., Kingston Rd., Kipling Ave., Midland Ave., and Lake Shore Blvd. W. The streets were to be divided into 17 segments and studied separately.

TORSTAR NEWS SERVICE

WE THE NORTH

Slogan had 'vibe to it'

Gilbert Ngabo
Metro | Toronto

Every time the giant "We the North" flag is carried through the stands at Air Canada Centre, Jeremiah McNama gets goosebumps.

"It's surreal," said the 36-year-old creative artist who describes himself as the Raptors' biggest fan.

McNama was a senior writer at marketing agency Sid Lee when, in 2013, his team developed the We the North campaign that's become synonymous with the Raptors' success.

"We knew we wanted to play around the idea of being an outsider," he said, remembering the Raptors were headed into the postseason for the first time in six years.

When the 60-second commercial hit the city's airwaves at the beginning of the 2014 playoffs, We the North quickly developed into a brand of its own.

"It just had a vibe to it, like 'we the people' in the constitution," said McNama.

McNama has since moved on to other projects, but the success of We the North brand is, for him, a dream come true.

"I never thought all of Canada would embrace it this way and this quick," he said.

Jeremiah McNama, left, and Andrew McPhee were part of the team behind the We the North slogan. LIZ BEDDALL/METRO

Get a Welcome Bonus of up to 30,000 Aeroplan Miles.

The faster way to see the world.

Apply today for the TD® Aeroplan® *Visa Infinite** Card and receive a Welcome Bonus[1] of up to 30,000 Aeroplan Miles.

Offer ends May 27. Conditions apply.

Apply now at td.com/aeroplan

[1] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite** Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between March 1, 2016, and May 27, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) apply for an Account and add an Authorized User between March 1, 2016, and May 27, 2016; (b) Authorized User must call and activate their Card by July 15, 2016, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Study deems city most diverse

MULTICULTURALISM

Some 230 nationalities call T.O. home: BBC Radio

Gilbert Ngabo
Metro | Toronto

London's newly-minted mayor, Sadiq Khan, recently declared his city to be the most diverse city in the world — but it turns out that title belongs to Toronto.

Sorry, mate.

A new study by BBC Radio crunched the numbers and declared Toronto the world's most multicultural mecca. According to the study, 51 per cent of Toronto's population is foreign born, and some 230 different nationalities call the city home.

The results didn't surprise Patricia McCarney, director of Global Cities Institute at the University of Toronto. She saw them as proof of Toronto's welcoming attitude towards newcomers.

"It's part of our branding and legacy," she said, noting Toronto — and Canada at large — has been diversifying its population since the Second World War.

> **"It's part of our branding and legacy."**
> Patricia McCarney

"We haven't put up those walls that politicians in other countries are talking about these days."

It's historically been difficult to declare one city the most diverse, McCarney said. For example, over 80 per cent of Dubai's population is foreign born, but the total number of countries where those residents hail from is quite low.

Regardless of how you measure it, McCarney said researchers consistently score Toronto at or near the top the diversity list. That's important, she said, because a diverse population is an engine of economic and demographic growth.

"You look at Toronto, it's quite a youthful city," she said, noting only about 14 per cent of Toronto's population is over the age of 65. In Milan for example, it's about 25 per cent.

"So diversity really keeps our population young, and it's a boom to our economy," she said.

Left: A dancer performs during Aboriginal History Month.
Right: A turban is fitted at the annual Turban Up festival.
LIZ BEDDALL/METRO

ONLY
FROM
RBC®
FREE
e-Transfers
For ALL
Unlimited Interac‡ e-Transfers for all personal chequing accounts.
RBC®
® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡All other trademarks are property of their respective owner(s).

Forcillo to return for sentencing

SAMMY YATIM

Defence seeks house arrest, Crown wants prison term

The defence proposes Const. James Forcillo spend two years on house arrest for the attempted murder of Sammy Yatim, while the Crown is seeking a prison sentence of eight to 10 years, according to court documents filed at a brief Monday morning court appearance.

The start of Forcillo's sentencing hearing was postponed until Wednesday so the defence could file further submissions.

Forcillo was acquitted of second-degree murder for the first three shots he fired at 18-year-old Yatim but found guilty of attempted murder for firing a second volley of six shots as Yatim lay on his back on the floor of an empty Dundas streetcar in July 2013.

Also presented in court Monday were 16 letters from Forcillo's family, friends and police colleagues including spokesperson Meaghan Gray, and one of the officers assigned to Forcillo's security detail during the trial.

Many of the letters urge Superior Court Justice Edward Then to consider Forcillo as a father of two young girls and source of financial support for his family.

Forcillo is not a danger to the public, his wife Irina wrote in a three-page letter pleading with the judge not to send her husband to jail.

"He is not a criminal. He is a police officer who had an extremely dangerous and tragic encounter."

The divide between the proposed sentences is reflected in the facts they will be asking Justice Then to decide based on the jury verdicts.

The Crown's position is that Forcillo should be held accountable for escalating the situation from the start through "profanity and intimidation" rather than defusing it through de-escalation.

The defence position is that Forcillo "overreacted to a dangerous and rapidly evolving situation" during which an armed criminal refused to surrender.

Forcillo did not act out of anger, the defence wrote, but to defend the public.

The defence also asserts Forcillo's police training provided "mixed messages" that contributed to the fatal outcome of his interaction with Yatim.

The sentencing hearing is scheduled to begin Wednesday, starting with victim impact statements from Yatim's family.

TORSTAR NEWS SERVICE

Const. James Forcillo leaves court in Toronto on Monday after a suspension in his sentencing hearing.

CHRIS YOUNG/THE CANADIAN PRESS

Osteoarthritis of the Knee?

Topstone Research is looking for volunteers to participate in a clinical research study evaluating an investigational tablet for osteoarthritis of the knee. You may qualify if:

- You are between 40 and 75 years of age
- You have been diagnosed with osteoarthritis of the knee
- You are a non or ex-smoker

Qualifying participants may receive up to $450.
The study includes approximately 6 visits.
Study Location: Etobicoke

416-620-2200
studies.topstoneresearch.com
TOPSTONE
Targeted. Precise. Results.

CENSUS 2016

YOUR CENSUS.
YOUR NEIGHBOURHOOD.
YOUR FUTURE.

When you complete your 2016 Census, you're providing information to help plan for hospitals, schools, transit, parks and more for your community.

Complete your census online today.

census.gc.ca

Canada

RENTERS

Activists push for crackdown on bad landlords

A proposed landlord licensing system for Toronto apartment buildings faces its first test this week as councillors consider giving city inspectors more tools to ensure tenants have a "safe, secure and decent place to live."

"There is a common belief in some political circles that tenants don't vote," said Coun. Josh Matlow, who has been pushing the idea as chair of the city's tenant issues subcommittee.

"I believe this is tenants' opportunity to demonstrate that they are a power to be reckoned with," he said.

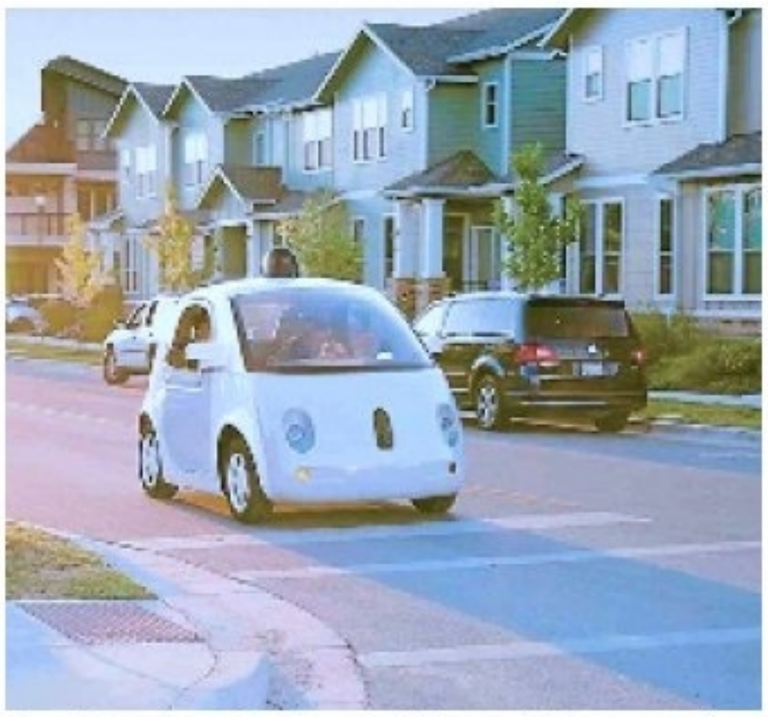
"This is an opportunity to do something substantive, something real, that will help the city protect their well-being, their health, their safety and their quality of life in the buildings where they live."

Tenant activists say they will be pressing councillors to support the move.

"We are very pleased this is coming forward," said Scarborough resident Marva Burnett, Canadian president of ACORN (Association of Community Organizations for Reform Now) which represents about 80,000 low-income residents across the country, including about 25,000 in Toronto. "We have been working on this for 12 years and we will continue to fight until we get it," she said.

A staff report to be debated by the city's tenant issues subcommittee on Tuesday and licensing and standards committee on Thursday, sets out a proposed framework for a "multi-residential rental property licence," that would give inspectors more power to crack down on bad landlords. TORSTAR NEWS SERVICE

> **"I believe this is tenants' opportunity to demonstrate that they are a power to be reckoned with.** Josh Matlow



One of Google's self-driving cars during a trial last summer in Austin, Texas. Ontario has become the first province to allow testing of autonomous vehicles, but Transportation Minister Steven Del Duca said no company has taken up the offer. GOOGLE

The future of commuting

TRANSPORTATION

Driverless cars would have 'a whole host of impacts'

Luke Simcoe
Metro | Toronto

Driverless cars are coming.

Estimates suggest autonomous vehicles will be driving on Toronto's streets in less than a decade, and city officials say it's time to choose which road we want the technology to take us down.

"The integration of autonomous vehicles into our cities and communities is no longer a question about technology, it's a question of policy," said Toronto's chief planner, Jennifer Keesmaat.

Stephen Buckley, Toronto's manager of transportation, agreed.

"We want to be careful not to stifle innovation, but we want to figure out how to use this technology to create the society we want," said Buckley, whose department was asked Monday to study the impact of driverless cars on Toronto's transportation network.

Both Keesmaat and Buckley said driverless cars can take cities in two very different directions.

The first would see autonomous vehicles replace private cars, which could increase congestion by making long commutes more attractive. That would be a "disastrous mistake," Keesmaat said. The second scenario involves turning driverless cars into an extension of public transit, using them as "robo taxis" or ways to ferry people "the last mile" between their homes and transit hubs, Buckley said. "That could be a game changer, at least for cities," he said, noting it could reduce transportation costs and make transit more equitable.

"The real opportunity with self-driving cars is that we no longer need to park them," Keesmaat said, meaning vast amounts of land dedicated to parking — everything from on-street spots to parking lots and personal garages — could be freed up for development. That land could be used for affordable housing, bike lanes, pedestrian amenities or parks, she said. Although mass adoption of driverless cars is still years away, Buckley said he's glad the city is starting to plan for them now.

"It's a topic that goes well beyond transportation. It will have a whole host of impacts on everything from employment to transit and major infrastructure investments," he said. "We want to raise awareness within the city so folks know this is coming."

ROBOT CARS MEAN SAFER STREETS

One of the biggest — and most immediate — advantages of driverless cars will be safety, said Toronto's transportation manager, Stephen Buckley.

"Ninety per cent of all collisions are caused by human error, so if we can get these on the streets it could lead to a huge reduction in traffic fatalities," he said.

REDUCED LAKESHORE GO TRAIN SERVICE
May 20 to 23

What's Changing

Lakeshore West
· Train service will be reduced from every 30 minutes to every hour between Oakville and Aldershot the evening of May 20, and all-day May 21 through 23, due to road work in Oakville.

Lakeshore East
· Train service on the entire Lakeshore East line will be reduced from every 30 minutes to every hour May 21 through 23, as we continue to upgrade Guildwood GO Station.

Find out more at **gotransit.com/schedulechanges**
Pour plus de renseignements veuillez visiter le site **gotransit.com**

METROLINX

Wildfire threatens a dozen work camps

ALBERTA

Evacuation described as a 'precautionary' measure

A harsh reminder of the perils still at play in the Alberta wildfires emerged Monday afternoon as employees at work camps north of Fort McMurray were moved out as part of a precautionary evacuation.

High winds spurred the quickly spreading wildfire as tinder-dry conditions persist in the region.

"Heavy smoke … does make it unsafe to fly in some spots, but we are able to still work the flanks and hope to pinch it off," said Alberta wildfire manager Chad Morrison.

"When you have this kind of extreme fire behaviour it doesn't matter what tankers you put in front of it, it doesn't matter how many helicopters, Mother Nature is going to want to continue to move that fire forward."

A fireball is seen as a wildfire rips through the forest by Highway 63, south of Fort McMurray, Alta., on May 7. THE CANADIAN PRESS

The fire itself was about 20 kilometres away from the work camps as of Monday evening, but non-essential personnel left while others stayed to conduct work on the plant and engage in firefighting.

There are about 4,000 workers at 12 camps in the area, including many at Suncor and Syncrude.

Officials said another 500 to 600 people in four small camps along Aostra Road were under a mandatory evacuation.

Scott Long of the Alberta Management Agency said there was no panic and the evacuations were being done in an orderly manner.

"We're very hopeful that we'll be able to hold the line, but if not, we want to make sure that people's lives are taken care of."

"The big factor obviously for the folks on site is that they will see very, very, heavy, dark smoke," said Morrison.

The Rural Municipality of Wood Buffalo said the fire was moving 30 to 40 metres per minute and was expected to burn six kilometres in two hours.

"This controlled, precautionary evacuation is an example why it is not safe to be in the Regional Municipality of Wood Buffalo at this time," the municipality said late Monday.

"The facilities are not at risk," said Sneh Seetal of Suncor Energy. "However, we felt it was important to take these steps in the interest of putting people first." THE CANADIAN PRESS

WEATHER

Dry spell a problem beyond firefighting

Ryan Tumilty
Metro | Edmonton

Wildfires in northern Alberta are the biggest reason the province needs rain, but they're not the only one. Edmonton itself is experiencing difficulties as a result of the dryness. Here's how things are shaping up.

Sports fields

Edmonton's sports fields are in rough shape thanks to a dry winter and spring that has left most fields bone dry. "They're beginning to show it, some of them are getting real worn," said Marvin Kirkpatrick, who helps oversee the city's turf fields. Kirkpatrick said the city has suspended aeration and fertilizing of most fields, because they would only make the situation worse.

Trees surviving

Crispin Wood, manager of the city's urban forestry division, said the city's trees are so far doing OK in the drought conditions. "We're monitoring the situation, surprisingly the trees are leafing out. We're not noticing significant decline," he said.

Water to spare

The city's water supply is not at risk in this prolonged dry spell, but EPCOR spokesperson Tim le Riche said that's due mostly to prudent long-term planning. "We have two water treatment plants. We have 12 reservoirs around the city and right now we have the water to meet the demand," he said.

Edmonton is experiencing difficulties as a result of the dryness caused by lack of rain. RYAN TUMILTY/METRO

For certain men of style, self-confidence is expressed in everything they do. To blend in would be inconceivable. Such is the way of the man who wears Versace. Known for luxurious, statement prints and bright colours, Versace's collections have garnered a loyal following among musicians, celebrities and men who like to be remembered. Versace's Spring 2016 collection continues this proud tradition, and is on full display at Harry Rosen. Come explore the world of Versace online or in-store. You can now *chat*, *email*, or *arrange an appointment* online with one of our *clothing advisors*.

THERE IS ONLY ONE HARRY ROSEN.

HARRY ROSEN

HARRYROSEN.COM

82 BLOOR STREET WEST **416.972.0556** • EATON CENTRE **416.598.8885** • FIRST CANADIAN PLACE **416.981.9097**
MISSISSAUGA SQUARE ONE **905.896.1103** • SHERWAY GARDENS **416.620.6967** • YORKDALE SHOPPING CENTRE **416.787.4231**

Canadian going into orbit

MISSION

Quebec's David Saint-Jacques heads to space station in 2018

Quebec engineer and doctor David Saint-Jacques says he's not entirely sure why he was chosen to become the next Canadian to work aboard the International Space Station — but he'll gladly accept the mission.

"They had to pick one of us," Saint-Jacques said when asked why he believed he was chosen over his co-astronaut-in-training Jeremy Hansen.

"I guess the important (thing) is that there are two space flights coming up for Canada. This is the first one and I'm looking forward for (Hansen) getting the next shot."

Saint-Jacques, 46, is scheduled to travel to space aboard the Russian Soyuz rocket for a six-month mission in November 2018.

"I promise to live up to your expectations," Saint-Jacques told a group of schoolchildren gathered Monday at an Ottawa museum, where Minister of Science and Innovation Navdeep Bains announced the assignment.

Astronaut David Saint-Jacques says "a mission like this makes Canada much bigger." He was chosen as the next Canadian to work aboard the International Space Station. THE CANADIAN PRESS

"A mission like this makes Canada much bigger."

Training for Saint-Jacques, who is a medical, engineering and astrophysics specialist, begins this summer in Canada, Russia, Japan and the United States.

Saint-Jacques said he was inspired to be an astronaut by the many Canadians who flew out of Earth's atmosphere before him.

"I stand on the shoulders of giants," he said. "The astronauts who have preceded me, they were my childhood inspiration, my colleagues and my mentors."

> **"I promise to live up to your expectations.**
> David Saint-Jacques

He'll become the ninth Canadian to travel to space, six of whom worked at the International Space Station. In all, Canadians have made 16 space flights to date.

Born in Quebec City, Saint-Jacques is a married father of two children with a taste for adventure as an avid mountain climber, cyclist and skier. He holds a commercial pilot licence and speaks five languages. Saint-Jacques also holds several university degrees, including a PhD in astrophysics from Cambridge University.

Before joining the space program, he practised medicine in a remote Inuit community on Hudson Bay.

THE CANADIAN PRESS

TRANSGENDER LEGISLATION

Feds set to table rights bill

Legislation to extend human-rights protections to transgender Canadians will be tabled in the Commons on Tuesday, says Prime Minister Justin Trudeau.

Trudeau confirmed the news in Montreal on Monday as he received an award named after Laurent McCutcheon, a long-time gay-rights activist.

Tuesday is International Day Against Homophobia, Transphobia and Biphobia.

"We must continue to demand true equality," Trudeau said. "We must carry on the legacy of those who fought for justice by being bold and ambitious in our actions and we must work diligently to close the gap between our principles and our reality."

Trudeau said Canada must do more to fight homophobia and transphobia, mentioning that gay men still cannot donate blood in Canada.

Previous attempts at passing a transgender rights bill have been unsuccessful.

THE CANADIAN PRESS

Introducing
BMO SmartFolio™

BMO Wealth Management
BMO Nesbitt Burns

BMO Nesbitt Burns Inc. is a Member-Canadian Investor Protection Fund. Member of the Investment Industry Regulatory Organization of Canada.

Children hold placards as migrants and refugees take part in a peaceful protest at a refugee camp near the northern Greek border of Idomeni on Thursday. THE ASSOCIATED PRESS

UN fund prioritizes refugee education

SCHOOL

New program aims to reach many of 20M displaced kids

Former British Prime Minster Gordon Brown on Monday announced the creation of the United Nations' first humanitarian fund for the education of refugee children.

Acting in his role as UN special envoy for global education, Brown said the fund hopes to reach many of the estimated 20 million school-age refugees and displaced persons around the globe who are being denied an education as part of "the largest population of displaced girls and boys since 1945."

Brown said the number of children who are missing out on schooling due to displacement is becoming a global crisis that will haunt the world for generations.

"When we ask ourselves what breaks the lives of once thriving young children, it's not just the Mediterranean wave that submerges the life vest and it's not just the food convoy that does not arrive in Syria, it's also the absence of hope — the soul-crushing certainty that there is nothing to plan or prepare for, not even a place in school," Brown said, speaking by telephone to reporters at the UN.

The initiative, entitled "Education Cannot Wait," will be formally launched at next week's World Humanitarian Summit in Istanbul and seeks to raise $3.85 billion from some 100 donors in the public and private sectors over the next five years.

The initiative, which has been in the works for three years, was inspired by the refugee crisis in Syria, but funds will be available for refugees around the globe.

Brown said that the vast majority of people fleeing the war in Syria remain in the region, and if parents believed their children could get an education there, they would be more likely to stay in place, rather than undertake the risky passage to Europe. THE ASSOCIATED PRESS

IN BRIEF

Missouri doctors deliver baby after mother dies

Missouri doctors managed to deliver a baby whose mother was killed in a crash on her way to give birth. Sarah Iler and the baby's father, Matt Rider, were headed to a hospital in Poplar Bluff when his SUV was struck by a tractor trailer, according to reports. THE ASSOCIATED PRESS

ISS makes 100,000th orbit

It's 100,000 laps around Earth and counting for the International Space Station. NASA said these 100,000 orbits are akin to travelling more than 2.6 billion miles. THE ASSOCIATED PRESS

HEALTH

Penis transplant is a first for U.S.

A cancer patient has received the first penis transplant in the United States, a Boston hospital said Monday.

Massachusetts General Hospital has confirmed that Thomas Manning received the transplanted penis in a 15-hour procedure last week.

The New York Times first reported the transplant Monday.

Dr. Curtis Cetrulo, who helped lead the surgical team, tells the newspaper that normal urination should be possible for the 64-year-old Manning in a few weeks, with sexual function possible in weeks to months.

Thomas Manning GETTY IMAGES

The Times reports most of Manning's penis was removed during his battle with penile cancer. THE ASSOCIATED PRESS

Detox Your Body - Every Day

If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

Each day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body. But as we get exposed to increasingly more toxins, the liver struggles to remove them all and starts storing them in our body fat. We quickly notice the results in our energy levels, in our lack of youthful appearance – and surprisingly - on our waistlines.

UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

DETOX WITH ONE TABLET A DAY

Active Liver is a natural health product that improves your liver's health and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body –without the "side effects".

THE LIVER AND YOUR WAISTLINE

The liver is an important fat burning organ. If the liver is sluggish or clogged with waste material it will be less able to work, and fat will start to build up, under the skin, as belly fat and even inside the internal organs (as in a fatty liver). Making sure your liver is working well will help you flush fats from the body.

At participating pharmacies, health food stores and online. For more information, or to purchase, visit our website or call 1-877-696-6734.

SHOPPERS DRUG MART · Loblaws · Superstore · ONLINE SHOP newnordic.ca
amazon.ca · Walmart · Rexall PharmaPlus · metro · Extra Foods · Zehrs MARKETS

New Nordic recommends a healthy and active lifestyle in order to obtain the best results. To make sure this product is right for you, always read the label and follow the instructions.

Affordable, professionally managed online investing.

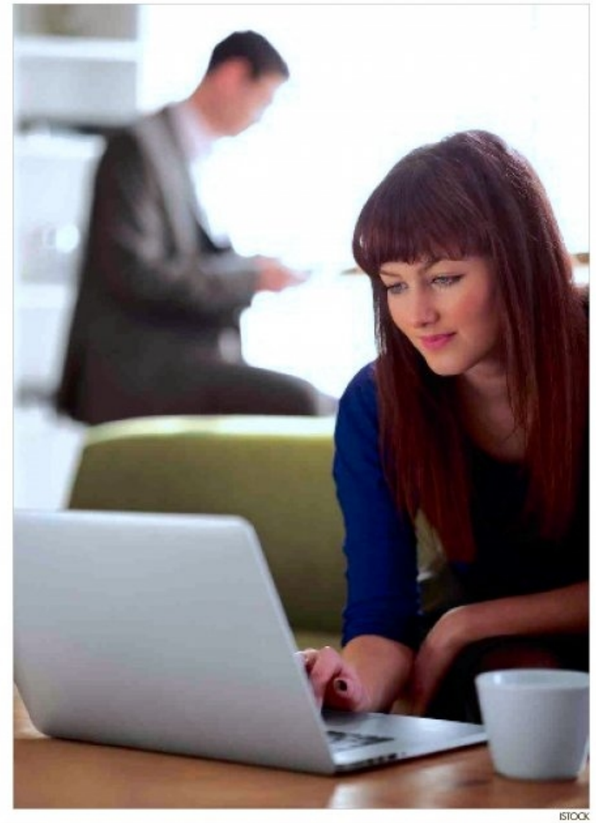
BMO Wealth Management
BMO Nesbitt Burns

BMO SmartFolio™ is a new, affordable way to invest online. It's managed by portfolio experts, so you can feel confident your portfolio will stay aligned to your objectives even when markets shift. Get started with as little as $5,000.

Effortless investing starts at bmo.com/smartfolio

® Trademarks of Bank of Montreal, used under license. BMO Wealth Management is the brand name for a business group consisting of Bank of Montreal and certain of its affiliates, including BMO Nesbitt Burns Inc., in providing wealth management products and services. "BMO (M-design)", "BMO" and "BMO (M-design) Wealth Management" are registered trademarks of Bank of Montreal, used under license. "Nesbitt Burns" and "SmartFolio" are trademarks of BMO Nesbitt Burns Inc. BMO Nesbitt Burns Inc. is a wholly owned subsidiary of Bank of Montreal. BMO Nesbitt Burns Inc. is a Member-Canadian Investor Protection Fund. Member of the Investment Industry Regulatory Organization of Canada.

New to investing? Try this smart service



ISTOCK

Investors find easy, affordable portfolio management

For anyone who thinks they don't know enough about investing or don't think they have enough money to invest, the latest online investing services make managing your investment portfolio easier than ever. In fact, there's a growing global trend toward online investing services that provide continuous oversight of portfolios by expert portfolio managers.

Such services are gaining in popularity — particularly among millennials and first-time investors — because of their lower cost, digital access and ease of use. Whatever your assets or investment experience, they're a great way to start investing without spending tons of time researching and managing a complex portfolio.

In Canada, investing services such as BMO SmartFolio are leading the way. It caters to people who are looking for an easy way to invest or are new to investing. Many Canadians either don't have the time or knowledge to jump into money management. As well, the cost for a professionally managed portfolio has historically been prohibitive.

BMO SmartFolio makes expert advice affordable and accessible. Part of the BMO Wealth Management suite of services, BMO SmartFolio is affordable at any portfolio size and requires only $5,000 to get started. Expert portfolio managers oversee the construction of the model portfolios comprised of exchange-traded funds (ETF).

Launched earlier this year, SmartFolio puts BMO first among the major Canadian banks in bringing this kind of investing service to the market. It offers innovative technology, such as an online risk-assessment tool that helps determine the right portfolio for you based on your age, financial goals and risk tolerance.

Once your account is set up, BMO SmartFolio is hands free investing. Expert portfolio managers will actively monitor your investments to ensure they're on track with with the kind of investor you are. You can check on your portfolio any time, any place, quickly and easily. BMO took great care to ensure the service is as simple, intuitive and human as possible so that anyone would feel comfortable navigating it on their own.

The opinions and views expressed in this article are those of the author and not necessarily BMO Nesbitt Burns Inc. This article does not constitute and shall not be deemed to constitute advice or solicitation. BMO SmartFolio is a product of BMO Nesbitt Burns Inc. BMO Nesbitt Burns Inc. is a Member — Canadian Investor Protection Fund.

Introducing
BMO SmartFolio™

Affordable, professionally managed online investing.
bmo.com/smartfolio

BMO Wealth Management
BMO Nesbitt Burns

BMO Wealth Management is the brand name for a business group consisting of Bank of Montreal and certain of its affiliates, including BMO Nesbitt Burns Inc., in providing wealth management products and services. "BMO (M-design)", "BMO" and "BMO (M-design) Wealth Management" are registered trademarks of Bank of Montreal, used under license. "Nesbitt Burns" and "SmartFolio" are trademarks of BMO Nesbitt Burns Inc. BMO Nesbitt Burns Inc. is a wholly owned subsidiary of Bank of Montreal. BMO Nesbitt Burns Inc. is a Member-Canadian Investor Protection Fund.

Effortless investing starts at
bmo.com/smartfolio

BMO Wealth Management
BMO Nesbitt Burns

BMO Wealth Management is the brand name for a business group consisting of Bank of Montreal and certain of its affiliates, including BMO Nesbitt Burns Inc., in providing wealth management products and services. "BMO (M-design)", "BMO" and "BMO (M-design) Wealth Management" are registered trademarks of Bank of Montreal, used under license. "Nesbitt Burns" and "Smartfolio" are trademarks of BMO Nesbitt Burns Inc. BMO Nesbitt Burns Inc. is a wholly owned subsidiary of Bank of Montreal. BMO Nesbitt Burns Inc. is a Member-Canadian Investor Protection Fund.

RETAIL

Amazon to expand its online offerings

Amazon is planning to expand the store-brand items it sells to new categories including food and household products, according to a report by The Wall Street Journal.

The new products could include nuts and spices and other consumer goods such as diapers.

The Wall Street Journal report cites unnamed people familiar with the matter. Amazon.com Inc. declined to comment.

Amazon already sells an array of private-label products, or products designed by a third-party manufacturer and sold under a retailer's name — usually cheaper than name-brand products — but food would be a new category.

It has been making a push into the grocery aisle, however. It offers Prime Fresh, a $299 annual grocery delivery service, in several cities on the West and East Coasts. Currently, the Amazon Basics line includes everything from patio furniture to office products. It also sells clothes under its labels Lark & Ro and Franklin & Freeman and others.

In 2014, Amazon launched its own line of baby wipes, Amazon Elements. Amazon has limited sales of those wipes to members of its $99-a-year Prime program to encourage more shoppers to sign up. According to the WSJ article, the new private-label goods will only be available to Prime members as well.

The move comes as competition in the online grocery delivery sector is heating up. In addition to delivery services such as Fresh Direct and Instacart, Wal-Mart Stores Inc. last month said it's expanding its service that allows customers to order groceries online and then pick them up in the parking lot of their local store. That service, now available in 150 stores in 22 markets, will be offered in 200 stores in 30 markets. THE ASSOCIATED PRESS

Truck driver Nadine Gauthier is working on behalf of Quebec's trucking association to encourage more women and girls to consider careers as truck drivers. PAUL CHIASSON/THE CANADIAN PRESS

Trucking in need of new blood

EMPLOYMENT

Industry struggling to attract young workforce

After 40 years as a truck driver, Jack Fielding says it's easier to name the places in North America where he hasn't been than the ones he has.

And after driving five million kilometres, the 57-year-old still enjoys the freedom of the road.

But as Fielding and thousands like him near retirement age, the industry is struggling to recruit young people who share his enthusiasm for the job.

This means the industry is facing a looming labour shortage that could reach 48,000 drivers by 2024, according to the Canadian Trucking Alliance.

The average age of a truck driver is over 47 and almost 30 per cent of the driving force is 55 or over, which makes it one of the oldest workforces in Canada, according to the organization's president.

"Tens of thousands of them are nearing retirement and we're not getting anywhere near our commensurate share of new drivers into the business," says David Bradley.

There are multiple reasons for the looming shortage, but many believe the lifestyle simply isn't attractive to a younger generation.

Fielding, for example, usually works 10-14 days straight, with three days off between trips. Schedules are not set in advance, and drivers often work 12 hours or more a day.

"You're not home with your friends on Friday nights having parties," he says. "If you have a family you might miss out on birthdays and things like that."

Bradley says this makes it harder to attract younger people or those with families, who tend to place a higher emphasis on work-life balance than older generations. THE CANADIAN PRESS

IN BRIEF

April home sales set record

The number of homes sold in Canada last month hit a record as supply tightened, particularly in Toronto, where a competitive market is dissuading homeowners from putting properties up for sale, the Canadian Real Estate Association said Monday. THE CANADIAN PRESS

market minute

DOLLAR 77.54¢ (+0.23¢)
TSX 13,893.49 (+144.91)
OIL $47.72 US (+$1.51)
GOLD $1,274.20 US (+$1.50)

NATURAL GAS: $2.029 US (–6.7¢)
DOW JONES: 17,710.71 (+175.39)

More than you expect. Plus $50 bonus.

$40/mo

Save $50 over ten months on our plans from $40, plus get all this:

- 5GB full-speed data (limited time offer)
- Unlimited Canada-wide calling
- Unlimited global texting
- Unlimited Canada / U.S. picture / video messaging
- Up to $650 towards the purchase of a new phone with WINDtab
- Low international calling from 1 cent/min

Offer ends soon.

SAMSUNG Galaxy S7

WIND

Learn more at WINDmobile.ca. $40 2 GB bonus plan starts May 1, 2016 and ends May 31, 2016. $50 service credit offer starts May 12, 2016. These offers are subject to change or cancellation without notice. To be eligible, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of $40 or higher. A $5 monthly credit will be applied to your account for up to 10 months to a maximum of $50. May not be combined with any other in-market offer, with the exception of the Bring Your Own Device service credit, Better Together Savings and Refer a Friend program. All plan features in Canada are from anywhere on our network, otherwise long distance and roaming rates apply. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Samsung and Samsung Galaxy S7 are trademarks of Samsung Electronics Canada, Inc. and/ or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile.

metro VIEWS
Your essential daily news
Tuesday, May 17, 2016

ROSEMARY WESTWOOD
ON THE BATHROOM-LAW CONTROVERSY

The "protect our little girls" argument allows some to equate their transgender neighbours with pedophiles, part of a larger narrative that trans people are to be feared.

Pity all the little boys in America.

Nobody, it seems, cares for them.

The raging debate over where transgender people get to go to the bathroom has made that fact, among others, abundantly clear.

Judging by the U.S. media fervour, it seems every reporter has been tasked with one goal: getting comment on the Obama administration's directive last week that all schools accommodate transgender students, including letting them use the bathrooms where they feel comfortable.

And for every microphone, there's been a call to save all the helpless girls of America. Take Ted Cruz's comments last month: "Have we gone stark raving nuts? Strangers shouldn't be alone in bathrooms with little girls."

Or this, from pastor Ron Baity in North Carolina, the state being sued by the federal government for a law that forces trans people to use the loo that coincides with the sex on their birth certificate: "He could be there to look at the anatomy of the opposite sex," Baity said, imagining a predator masquerading as transgender. "He could be there to bring damage to a young girl."

Like everyone else fuelling the uproar, he didn't bother to fear for the sexual safety of little boys. There are two reasons for this. The first is the sexist, and still widespread, idea that females are weaker and in need of more protection. The second is that people like Baity are simply anti-trans and are using their condescending concern for girls' welfare as cover.

Treating people with respect and dignity shouldn't have to be legislated.

THE CANADIAN APPROACH Prime Minister Justin Trudeau listens as he is presented with the 2016 Laurent McCutcheon Award for his commitment to fighting homophobia and transphobia, in Montreal on Monday. Trudeau later announced he would table legislation today aimed at protecting transgender rights. PAUL CHIASSON/THE CANADIAN PRESS

"What gets socially coded as fear is often just masked transphobia," Sheila Cavanagh, professor of gender and sexuality studies at York University, told the New Yorker this week. "People know that it's less acceptable to be transphobic than it is to say, 'I worry about the safety of my daughter.'" She also called the fear of fake transgender predators "far-fetched" and without evidence. Far better documented, she added, is discrimination against transgender people trying to use a restroom.

The "protect our little girls" argument also allows some to equate their transgender neighbours with pedophiles, part of a larger narrative that transgender people are to be feared. During On Point, a national radio call-in show last week, one man told the story of a transgender woman using a woman's changeroom this way: "They were just petrified, all ages, this big hairy guy walking around as if he had every right to do so."

We shouldn't be surprised that bathrooms are causing all this stir. They are a single point of public nudity in a culture that is terrified of its own genitalia and sexuality. And they have a history of being used for sexual fear-mongering, including in the racially segregated U.S. South, as Diane Ravitch noted in the Huffington Post.

Then, women's sexual vulnerability was invoked as cover for race-baiting. Now, for gender-baiting.

In keeping with the cliché, the deregulation of bathroom spaces in Canada has been quieter. The Vancouver School Board, the Toronto School Board, and the entire province of Alberta have all moved to allow transgender students to exercise their washroom choice, and some are adding more gender-neutral bathrooms. Many universities have similar policies. And while there has been some backlash (two Vancouver school trustees worried about scaring off international students), there's been little American-style drama.

At the heart of these changes is a recognition of the unique prejudices and discrimination faced by the transgender community. The Obama administration is trying to tackle that by reinterpreting the U.S.'s existing sex-discrimination laws in a way that addresses gender-identity issues.

In Canada, Prime Minister Justin Trudeau has decided a whole new bill is in order. Yesterday, he announced legislation to protect transgender Canadians from violence, hate speech and discrimination by adding "gender identity" as a protected category under the Canadian Human Rights Act. The legislations is expected to be tabled today to mark the International Day Against Homophobia, Transphobia and Biphobia.

It is a move whose importance cannot be overstated.

But treating people with respect and dignity shouldn't have to be legislated. It's common sense. So, too, are toilets everyone can use. It's not even a new idea. I had gender-neutral bathrooms in my elementary school classroom in the 1990s. I was a little girl.

And guess what, Ted Cruz? I was just fine.

New transit projects are great, but how are we gonna operate 'em?

TORY'S TORONTO
Matt Elliott

After years of stalling, it seems like everyone is ready to build and fund transit projects these days. The bandwagon is rolling.

Prime Minister Justin Trudeau is on board. He recently confirmed the TTC will get $840 million this year for capital transit projects.

Ontario Premier Kathleen Wynne is in, with the province putting up the cash for the Eglinton Crosstown LRT, among other things.

And Toronto mayor John Tory is riding too. In his boldest move since taking office, Tory backed a property-tax levy to pay for building and repairing infrastructure last year.

All good news, really. But I can't help but be a downer and ask: once all this transit is built, modernized, fixed and expanded, who in the hell is going to pay to operate it?

It's a question that has been on my mind following reports from our pals in Ottawa suggesting their local transit agency is in tough negotiations with provincial agency Metrolinx over the Presto fare-card system. It seems Metrolinx seeks a hefty increase to the fee they charge Ottawa for every Presto transaction.

It's discouraging news. Presto, a fare system forced on the TTC and other transit agencies by the province, could end up representing another big operating cost downloaded onto municipalities.

And in Toronto, at least, the municipal government doesn't seem prepared to cover those downloaded costs through an increased transit-operating subsidy. In the last budget, increases to the subsidy to fund enhanced service were shot down. Keeping residential property tax increases below inflation remains the priority.

The ongoing fare-integration study by Metrolinx is another reason for cynicism. The study has floated a bunch of ideas that would only increase the cost of taking transit. They've looked at imposing higher fares for longer-distance rides and charging a premium for riding the subway.

Anything that puts more burden on riders is bad news. By objective measure, the TTC is already the least subsidized transit system in North America. According to figures provided by the TTC, Toronto transit riders will receive a subsidy of just 89 cents per ride this year, compared to $1.11 in Montreal, $1.49 in New York and $1.86 in Chicago.

Fixing that imbalance is part of ensuring GTA transit is well used. Each new transit project completed only adds to total transit-operating costs.

And, while the bandwagon for funding transit projects is full, the bandwagon for covering operating costs is sitting roadside with a busted wheel.

The federal government seems content to limit their role to capital projects. The province has shown a real desire to stay out of direct operational funding. And city hall may just keep crying poor.

Who does that leave? Well, dear transit rider, there's just you.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news

Jolie 'disheartened' by U.S. response to migrant crisis, criticizes Donald Trump

Mistaking codependency for kindness and caring

RELATIONSHIPS

Beware when selflessness becomes selfish and irritating

Katrina Clarke
Torstar News Service

One of the defining moments in Michael DeCorte's life came in 2003 after visiting a sick friend in the hospital.

"When I was at her bedside, I thought to myself, 'It's a good thing I'm here right now because I look like a good friend,'" he said, noting he valued this woman because she was cool and beautiful. "(Being there) secured the friendship."

The friend called bulls—t. He was there to make himself feel better, not her, she said.

DeCorte identifies as a recovering addict of "codependent friendships," a term describing relationships in which one person regularly performs acts intended to earn approval from others, validating their own self-worth and avoiding conflict.

Experts say it's a learned emotional and behavioural condition, more common among women, that can impede people from forming balanced relationships, but is not necessarily unhealthy.

Comedian and actress Whitney Cummings put a spotlight on the issue in a December article for Elle magazine and newsletter-slash-website Lenny Letter, in which she self-identified as co-dependent.

"Essentially, if I drive you to the airport because you can't afford a taxi and I expect nothing in return, that's benevolent," she writes.

"But if I drive you to the airport secretly hoping you'll like me, owe me, won't abandon me down the line, or to control your perception of me (i.e., I want you to think I'm nice), that's codependent."

In the article, Cummings details prioritizing buying expensive candles for friends over paying rent, helping mend friends' broken hearts when she didn't have time to floss, and focusing so intently on helping sick family members, she once contracted pneumonia without noticing.

"There's nothing wrong with being kind," said Darlene Lancer, a California-based marriage and family therapist and author of Codependency for Dummies.

"But if you feel like you'd rather not but you don't feel like you can say no … then maybe it's a behaviour pattern, it's not coming from a place of conscious choice."

Lancer said examples of co-dependent friendships might include one friend often buying the other gifts without the gift-giving being reciprocated, regularly giving advice and feeling angry when the advice isn't followed, or feeling too guilty to say no to requests.

But it's not necessarily harmful.

"It doesn't always create unhappiness," said Lancer. "In some older generation (couples) … the wife always does what her husband wants. She doesn't have much of a separate personality but it doesn't bother her because this is all she's known, or it's part of their religious or cultural ethos."

In fact, Lancer calls codependency "rampant" in modern society, but says codependent relationships have long been around.

As women became more independent and society shirks patriarchal norms, codependent relationships were deemed problematic, she said.

Lancer points to childhood incidents or trauma to explain how the behaviour is learned; bullying at school, parental discord — especially if one parent starts relying on the child for support — or sibling abuse can all contribute, she said.

So how do experts say one can unlearn codependency in friendships?

"Counselling," said Candace Plattor, an addiction therapist based in Vancouver, who considers codependency an addiction. People who suspect they have codependent tendencies need to reflect on what is causing their behaviour, she said.

As for Michael DeCorte, a recovering addict, he suspects when his addictions were rooted in insecurity and self-centeredness. Once he gave up drugs and alcohol 15 years ago, he latched on to the next best thing to feed his needs — friendships.

And that sick friend who called him out? She dumped him as a friend, disinvited him from her wedding and left him in shambles.

But once the dust settled, he regrouped.

Through work with psychotherapists and mentors, he now realizes popular friends won't give him the self-confidence or validation he craved.

SIGNS YOU MAY BE CODEPENDENT

Think you might be too reliant on your friends? Here are some red flags from Candace Plattor, an addiction therapist and author of Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction.

You're constantly giving in your friendships without getting much in return.

You often feel you're not as good as other people so you "play small" and make others' needs more important than your own.

You are extremely uncomfortable with confrontation; even when you feel disappointed, angry or resentful, you don't admit this to your friends because they might become upset or angry with you.

You attempt to convince yourself your problems are not that bad, rather than trying to change the dysfunctional dynamics in your friendships.

TORSTAR NEWS SERVICE

Michael DeCorte, left, identifies as a recovering addict of co-dependent friendships. He meets his friend Liam McElheron for yoga in Toronto. J.P. MOCZULSKI/ FOR TORSTAR NEWS SERVICE

RELAY FOR LIFE
Canadian Cancer Society
IT'S A JOURNEY.
GO THE DISTANCE.
Walk to fund vital support services and Canada's most promising cancer research.
Accept the baton.
relayforlife.ca

NEW BOOK

The power of close friendship

Are you craving intimacy in your life? If so, it's probably not just the romantic kind, according to friendship expert Shasta Nelson. In her new book Frientimacy: How to Deepen Friendships for Lifelong Health and Happiness, Nelson talks about how to have lasting, life-changing relationships with your friends. We chatted with Nelson about what it takes to develop that sort of bond.

In your book, you talk about an intimacy gap many of us feel in our friendships. What is that, exactly?
It's the gap between what we wish we were experiencing in friendships and what we're currently experiencing. It speaks to the fact that we all know a ton of people — it's not a lack of a social life — but we're not feeling that our friendships are deep or fulfilling enough.

Women are juggling busy careers, raising kids, spending time with their partners and maintaining friendships. Can they really have it all?
It's a great question. Women can't have it all at the same time, and we have to choose. We can't allow friendships to be a nice-to-have at the end if we get everything else done and have time. We're biologically wired to have friendships in our lives — it should be a top priority!

If you could offer one key piece of friendship advice based on your research for the book, what would it be?
I would say: Initiate the connection that you're craving with your friendships. If you want more meaningful relationships, it's in your hands.

TORSTAR NEWS SERVICE

Shasta Nelson
COURTESY GUDMUNDUR IBSEN

Confronting the idiot inside us all

COGNITION

Neuroscientist comedian's book peers into our heads

Dean Burnett thinks you're an idiot. Well, at least, he thinks your brain is.

That's what the neuroscientist-comedian-turned-author reveals in his new book, The Idiot Brain: A Neuroscientist Explains What Your Head is Really Up To (Harper Collins: $32.99).

All our brains tend to behave in bizarre ways. They have an ego. Time does really fly when the brain is having fun. And alcohol can sometimes improve memory.

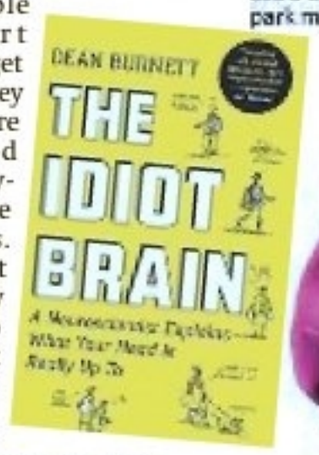
You say you were kind of an odd-man-out in your family, the first to go to university. How did that shape your career?
That's what got me into the brain in the first place. I was thinking, "Why am I different than my nearest and dearest?" I haven't really found a good answer, but I did pick up a lot of brain books along the way. It's worth asking questions about yourself, I suppose.

So you think the brain is not so complicated after all?
It's this reverence that people treat it with that is sort of unhelpful because it discourages people from trying to learn about it or think about it because it's sort of daunting.

We all have these idiot brains, as you're calling them, right?
The brain in general, yes, not specific people.

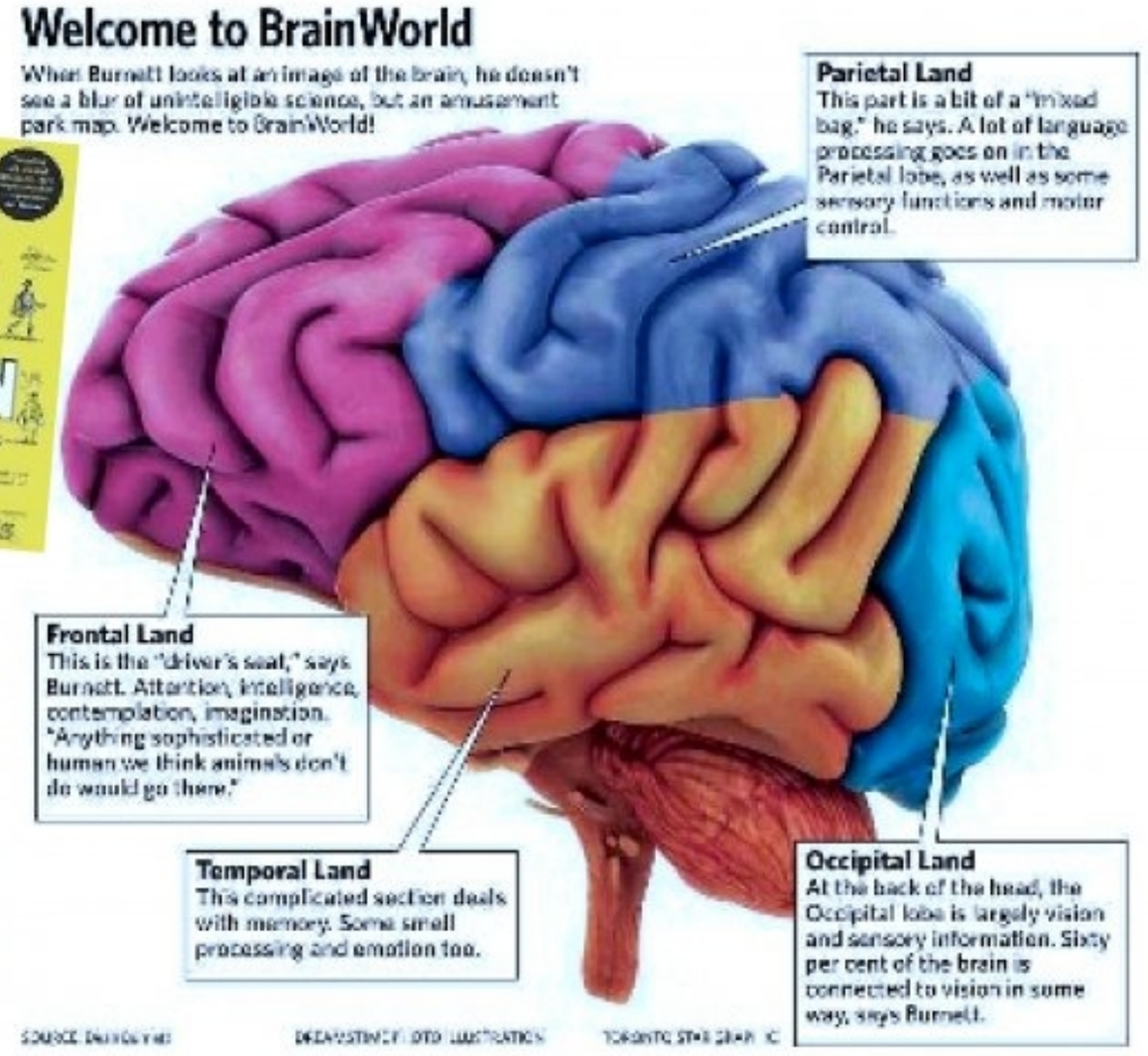
So it's not specific to idiots?
No (laughs). I've been accused of that. It's the brain as a thing, not someone's brain.

It's nice to hear someone rip the rug out from under the Myers-Briggs Type Indicator, the psychological questionnaire adopted by a lot of businesses in the hiring process.
They like it because it makes people understandable. Myers-Briggs suggests you can put people into boxes, manage by numbers or calculations, and they should behave in certain set patterns. Even if you do a Myers-Briggs test in an interview, people are smart enough to get around it. They ask you, "Are you a good team player?" Of course you say yes. There's not actually any science to it. It doesn't have any basis in what we could call scientific reality.



You tackle a lot in this book. What is possibly next? Will you stay with the "idiot brain?"
I'm sort of stuck with my own (laughs). No real plans or possibilities to change it. I'm looking into a second (book) with the publishers; lots of ideas being thrown around. Hopefully the next one I'll expand a certain area a bit more rather than just try to cover everything.

TORSTAR NEWS SERVICE


Welcome to BrainWorld
When Burnett looks at an image of the brain, he doesn't see a blur of unintelligible science, but an amusement park map. Welcome to BrainWorld!
Parietal Land
This part is a bit of a "mixed bag," he says. A lot of language processing goes on in the Parietal lobe, as well as some sensory functions and motor control.
Frontal Land
This is the "driver's seat," says Burnett. Attention, intelligence, contemplation, imagination. "Anything sophisticated or human we think animals don't do would go there."
Temporal Land
This complicated section deals with memory. Some smell processing and emotion too.
Occipital Land
At the back of the head, the Occipital lobe is largely vision and sensory information. Sixty per cent of the brain is connected to vision in some way, says Burnett.

BRAIN GAME

Our brains are alcohol-dependent, narcissistic and adrenalin-addicted smart alecks that like to play games on us. These are just a few of the idiotic traits Burnett lays out in The Idiot Brain.

Egotistical
Do you remember doing better in that foot race or job interview than you actually did in reality? It might by your brain trying to motivate you.

Drinkers
You might remember something more easily when "you are as drunk as you were when you first made that memory." Drink responsibly.

The seventh sense
Forget the sixth sense — what about a seventh, eighth or ninth? There are actually many secondary senses processed in the brain to detect the outside world.

EARN UP TO $3500!
Are you a Healthy Male between 18 and 55 years of age? If so we want to hear from you!

Apotex is currently recruiting healthy men to participate in studies onpharmaceutical products.

REGISTER ONLINE AT WWW.APOTEX.CA or Call: 416-741-4256
Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $1000 to $3500 depending on the length of the study

APOTEX
ADVANCING GENERICS

Career Training for Today's Workplace
Start a Rewarding Career in:
Business, Technology, Healthcare, Law, Supply Chain.

At triOS, you will benefit from:
✓ Half Day Classes
✓ Internships
✓ Focused Learning – one course at a time
✓ Small Class Sizes
✓ Lifelong Career Assistance

LEARN MORE TODAY!
Canada's Best Managed Companies

triOS COLLEGE
Call: 1-866-918-7634
Visit: Careerin1.com
MISSISSAUGA | BRAMPTON | TORONTO | SCARBOROUGH | OSHAWA

SEXUAL HEALTH

Aussies going extra-safe for Rio

Australia's Olympians will be issued with free super-strength condoms in Rio to minimise any infection from the Zika virus, officials said Monday.

Brazil has been the epicentre of the outbreak of the mosquito-borne disease, which is blamed for birth defects in babies born to women infected with the virus.

While condoms will be available in dispensing machines in the Olympic village, Australia is taking no chances, providing extra protection by supplying their own extra-strong variety "for peace of mind."

They have teamed up with manufacturer Starpharma, which says its condoms contain a lubricant that protects against sexually-transmitted diseases and has "near-complete anti-viral protection against Zika virus in laboratory studies."

"The health and well-being of the team comes first," said the Olympic team's chef de mission Kitty Chiller.

"Our association with Starpharma will provide extra protection for everyone on the team, and is a commonsense approach to a very serious problem we are facing in Rio."

Australian Olympic athletes will have access to free super-strength condoms in Rio. PETER PARKS/AFP

There has been widespread anxiety globally surrounding the threat of Zika, which is rampant in Brazil.

As well as causing the birth defect microcephaly in babies born to women infected with the virus, it has also been linked to the rare but serious neurological disorder Guillain-Barre Syndrome.

Last week, the World Health Organisation advised pregnant women not to travel to Rio and urged athletes and visitors to take precautions to avoid infection by Zika.

AFP

The Cash Store CASH ADVANCE CENTRES instaloans

Did you borrow and repay a payday or signature loan from The Cash Store or Instaloans between December 2, 2008 and December 14, 2009 or a title loan between December 2, 2008 and August 31, 2011 in Ontario?

If so, you may be entitled to a payment under a class action settlement.

To receive your payment under the settlement, you must **complete the online Claim Form at www.cashstorerefund.com by August 22, 2016.**

More information on the settlement can be found at www.cashstorerefund.com.
Loans borrowed in other provinces may also be eligible.

This seated stretch can be done any time, anywhere. BERNARD WEIL/TORSTAR NEWS SERVICE

Try the garland pose with a twist

YOGA

Simple posture will improve upper body flexibility

YuMee Chung
Torstar News Service

In the language of yoga, the word mālā means garland and mālāsana is garland pose. Try this starter version of Twisted Garland Pose to sample the primary actions that will eventually allow you to wrap your arms around the body like a decorative wreath.

1. Squat with your feet close together and knees a little wider than your torso. You can always separate your feet and allow the toes to turn out a few degrees, so long as the kneecaps point in the same direction as your toes. Support your pelvis with a yoga block or stack of books to ensure your heels rest easily on the ground.

2. Bring the left hand to the centre of the chest in half prayer, sliding the elbow down the inner left leg, and place right palm on right kneecap.

3. Initiate a very gentle right-side twist by resisting your left upper arm against the inner shin while pressing your right hand down onto the knee. Turn your head a few degrees and gaze up toward the right.

4. Take a mindful, five-breath journey into this squatted twist before unwinding the pose.

5. Pause for a moment before switching sides.

Those with osteoporosis, disk herniation or a history of back spasm should consult a health-care professional before attempting this pose.

All mālās are not alike

The Sanskrit language features both long and short vowels that influence meaning. Long vowels are marked in the International Alphabet of Sanskrit Transliteration with an overline.

The word mālā (pronounced maa-laa) means garland or necklace, while mala (pronounced ma-la) means dirt, impurity and bodily secretion. Inattention to Sanskrit pronunciation can inadvertently turn Garland Pose into Potty Pose, which is not a terrible name for this pose, as it turns out.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

NUTRITION

Folate-autism link troubles experts

For decades, pregnant women have been advised to take folic acid to help prevent birth defects.

But a new study suggests it may be possible to get too much of a good thing. Very high levels of the vitamin in mothers' blood at the time of birth was linked to higher risk of autism.

Other research points to an opposite relationship between folic acid and autism, showing that adequate amounts of the vitamin at the time of conception can significantly reduce the risk.

Indeed, some experts raised questions about the new research. They note the findings are preliminary numbers, and based on a small number of families seen at only one hospital.

Also, the analysis is based on measures of the vitamin in mothers' blood at the time of delivery, which may not reveal much about what was going on in the women's body at the time of early fetal brain development.

Even the researchers themselves said there's no cause to change current recommendations. But the question should be explored in further research, study author M. Daniele Fallin of Johns Hopkins University said.

THE ASSOCIATED PRESS

A new study suggests mothers with very high blood levels of folic acid at the time of birth are more prone to having children with autism.
THE ASSOCIATED PRESS

CANNES FILM FESTIVAL ETHIOPIAN-IRISH ACTRESS RUTH NEGGA stars in Loving, a biracial love story based off true events that led to imprisonment, exile and ultimately exoneration in a 1967 U.S. Supreme Court ruling on marriage equality. "I fell deeply in love with Mildred and Richard and their story. I think we all just wanted to do them justice," she said of the couple. The Lovings were humble, reluctant heroes whose marriage was famously photographed in Life magazine with the headline "The Crime of Being Married." CIRONNEAU/THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Mocking motherhood comes off too smug

THE SHOW: Odd Mom Out, S1, E9 (Shomi)
THE MOMENT: The Rebuke

Jill Kargman's Jill Weber (far right) has a hard time assimilating among Stepford wives like Alice Callahan's Stephanie (far left). CONTRIBUTED

Jill Weber (Jill Kargman, who created and writes the show), a punky brunette mother of two, lives on Manhattan's Upper East Side surrounded by blonde Stepford moms. Jill disses their insanely pampered lifestyle with her best pal Vanessa (K.K. Glick), a doctor. But lately Jill's been drawn in. Vanessa calls her on it.

"Can't you just admit you're enjoying this stuff?" Vanessa asks. "I'd respect you more if you did."

Jill denies it. Vanessa presses her: "Remember our pact? If I ever caught you at one of those hat luncheons, I should kidnap and deprogram you."

"This isn't that," Jill protests.

"Keep telling yourself that," Vanessa says.

I want to like this show. Kargman is funny, and she's working with foolproof material — as she says, "I can't exaggerate anything up here." She's good at spotting and eviscerating the foibles of her tribe, whether it's their nail polish colours ("Tinkerbelle's Labia"), their faux charities (sending bouncy castles to Africa), or their stores (Flush, a juice-cleanse and colonic bar).

The problem is Kargman's smugness. While the Stepford moms are inane, and the crunchy moms she visits in Brooklyn are fascistic, she's simply better than them: She has great sex, a nice husband, sweet kids. She's not satirizing women — she's mocking them.

For this show to be satire — to have punch and meaning — she'd have to implicate herself. Her tiny stab at it in this episode doesn't cut it. She may think she solved the problem. She should stop telling herself that.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

13th Annual woofstock®
NORTH AMERICA'S LARGEST FESTIVAL FOR DOGS
WOOFSTOCK.CA

SATURDAY & SUNDAY
MAY 28th & 29th 2016
10AM - 6PM
Woodbine Park, Toronto

@WOOFSTOCK

FREE FAMILY EVENT! • FREE SHUTTLES TO WOOFSTOCK • BRING YOUR DOG
Canine Shopping Extravaganza • Children's Activity Village • Disc Dogs • Dock Dogs
• Lure Courses • PDOA Agility Trials • Weiner Dog Races & Running of the Pugs
• Fashion Shows • Mr & Ms Canine Canada Pageant • Costume & Canines Got Talent Contests!
LICENSED RESTAURANT AREA

416-234-WOOF (9663) or info@woofstock.ca

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,
MALE OR FEMALE
18 AND OVER?

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

- We conduct weekdays as well as weekend studies.
- Compensation may range from $1,000 to $4,000 depending on the length of the study.

BioPharma SERVICES INC.
Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

metro SPORTS

T-Wolves centre Karl-Anthony Towns, who averaged 18.1 points, 10.7 rebounds and 1.7 blocks, is the unanimous choice for NBA Rookie of the Year

'We're humble, we're hungry'

RAPTORS
ROUND 3 PREVIEW

Casey's crew not interested in rolling over

It has been their mantra all season, us against the world, and it has been never more true than it is today.

Be certain the Toronto Raptors will take solace and a dose of inspiration going into the NBA Eastern Conference final as overwhelming underdogs to the mighty Cleveland Cavaliers.

It started even before the Raptors decimated the Miami Heat in Game 7 of their semi-final, the LeBron James versus his dear friend Dwyane Wade and his old team was the juicy narrative.

Along came Kyle Lowry et al to spoil that notion and here they are now, seemingly just another speed bump for James and the Cavaliers.

The Raptors notice. And take it personally.

"Nobody is going to favour us going into this," coach Dwane Casey said on a conference call Monday. "The only people who are going to believe that (the Raptors can win) are in our locker-room and on the floor."

That confidence is both admirable and predictable. The Cavs have rattled off eight straight playoff wins and every so-called "expert" in the basketball world can't fathom anything other than a Cleveland win.

"We're humble, we're hungry," Casey said. "I can tell you we're going to go in confident. We're going to go in with the confidence that we're going to win. If we didn't, we're in the wrong business."

The Raptors open up the Eastern Conference final on Tuesday night in Cleveland. RON TURENNE/NBAE VIA GETTY IMAGES

The Raptors are going to be without injured centre Jonas Valanciunas for Game 1 and Casey held out little hope his sprained ankle would allow him to play in Thursday's Game 2. His status for when the series shifts back to Toronto for Games 3 and 4 on Saturday and Monday is equally doubtful.

That takes away from Toronto's size advantage but the Cavaliers already have a unique roster built around outside shooting.

Cleveland is averaging 16.8 three-pointers per game in eight straight wins which is particularly troublesome for the Raptors, who were near the bottom of the NBA in defending threes this regular season.

They are a defensive team that concentrates on taking the paint away from offences and Casey is loathe to make drastic changes to his philosophy at this late hour.

"If you try to stop everything, you don't stop anything," the coach said. "Our work is cut out for us to take out the three ball ... there are some things we have to adjust to take care of the three ball."

One advantage the Raptors might have is that they are in rhythm. Cleveland hasn't played since sweeping Atlanta and has been idle for eight days. The Raptors played every other day for more than a week before eliminating Miami on Sunday.

"Every series has a different theme, you hope you don't lose the momentum, the confidence, the rhythm," Casey said.

"I know our team well enough to know we're going to go out there and compete."

TORSTAR NEWS SERVICE

46.2%

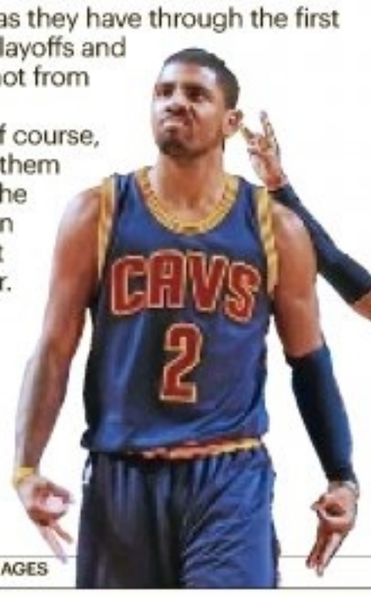
The Cavaliers have been anchored by blistering 46.2 per cent three-point shooting in the playoffs, which is just a smidgen higher than their 46.1 per cent from the field. They've made a league-best 134 threes in just eight games.

CAVS WIN IF ...

They play as well as they have through the first two rounds of the playoffs and continue to be red-hot from three-point range.

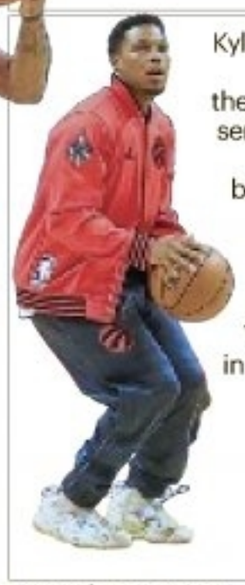
LeBron James is, of course, the engine that drives them and if he can pick apart the Raptors defence with precision passing to open teammates, it makes everything much easier.

J.R. Smith, Kevin Love and Channing Frye rained down three-pointers on the Atlanta Hawks in the second round and Toronto's defensive liability all season has been defending the three-point line, a recipe for disaster.



DANNY BOLLINGER/NBAE VIA GETTY IMAGES

RAPTORS WIN IF ...



VAUGHN RIDLEY/GETTY IMAGES

Kyle Lowry and DeMar DeRozan can replicate their play from the last three games of the Miami series and dominate the backcourt.

The Raptors can be very good defensively but they are up against a team with a variety of offensive weapons and there can be no slippage if they even want to stay in games.

What will happen?

Toronto is playing with house money and is in a rhythm while the Cavs have been idle for more than a week.

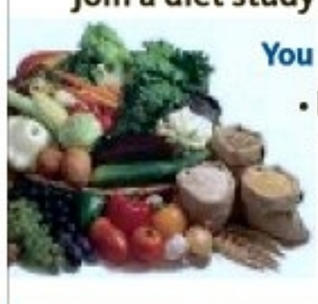
That might be enough for them to pull off a surprise and the home crowd is worth something. Just not enough.

Cleveland in six.

TORSTAR NEWS SERVICE

Do you have diabetes?
Would you like to lose weight?

Join a diet study at St. Michael's Hospital.



You may qualify if you:

- have Type 2 diabetes treated with tablets (but not insulin)
- are overweight
- are in good health

Call the Diabetes Weight Loss Diet Study at: 416-867-7474 or 416-867-7475

St. Michael's
Inspired Care. Inspiring Science.

PLAY Yesterday's Answers
from your daily crossword and Sudoku

7	6	3	2	9	8	1	4	5
4	1	8	6	7	5	2	9	3
5	9	2	4	3	1	7	6	8
3	2	4	8	1	6	9	5	7
6	8	7	9	5	2	3	1	4
9	5	1	7	4	3	8	2	6
2	4	9	5	8	7	6	3	1
8	3	5	1	6	9	4	7	2
1	7	6	3	2	4	5	8	9

for more fun and games go to
metronews.ca/games

THE HANDY POCKET VERSION!

metro

Get the news as it happens

Download the Metro News App today at metronews.ca/mobile

Beanball came too late: Gibbons

BLUE JAYS

Discipline for Texas melee could be doled out on Tuesday

It's not the retribution that bothers John Gibbons, it's the timing.

The Blue Jays manager addressed media on Monday afternoon, a day after Toronto all-star right-fielder Jose Bautista was hit in the ribs by a pitch from Texas reliever Matt Bush and then punched in the face by Rangers second baseman Rougned Odor after a hard slide on the basepaths.

Bush's throw was apparently in retribution for Bautista's dramatic bat flip after a home run in Game 5 of the American League Division Series last season. The two teams had played in two three-game series this season before Sunday's bench-clearing brawl.

"It didn't happen what, the first six games?" said Gibbons in his office ahead of Monday's game with the Tampa Bay Rays. "My only complaint was that if you've got an issue with someone, we get that, everyone views things differently, and if you're going to do something, hey, that's part of it, we get it.

"But I figured you might do it right away. Then you've got six more games for things to play out the way they're going to play out."

Instead, the Rangers and Blue Jays won't play again this year, unless they meet in the postseason.

Bush plunked Bautista in the top of the eighth with Texas holding a 7-6 lead. Bautista ran to second on a ground-out by Justin Smoak, with his brawl-triggering slide forcing Odor to throw wildly to first on an attempted double play. The Rangers were awarded an inning-ending double play on the Chase Utley rule.

But all the attention was on second base as Odor and Bautista argued. Odor shoved Bautista, creating enough space to wind up and catch the lunging Blue Jays right-fielder flush on the jaw with a punch.

MLB chief baseball officer Joe Torre says discipline is obviously coming for those involved, "hopefully" as soon as Tuesday. THE CANADIAN PRESS

"In the heat of the moment, I think everyone in here did what they think is right to protect our guy.

Blue Jays centre-fielder Kevin Pillar, who had to be restrained during the melee

Jozy Altidore had yet to score in six games this season.
TORSTAR NEWS SERVICE FILE

TFC

Altidore hamstrung, out for 6-8 weeks

Toronto FC striker Jozy Altidore will be out six to eight weeks with a hamstring injury.

The U.S. international was hurt Saturday night taking a penalty in a 4-3 MLS loss to the Vancouver Whitecaps.

Altidore has a history of hamstring injuries and this one looks to keep him from competing at next month's Copa America with the U.S.

It's also a big blow for Toronto FC. Eight weeks means being out until July 9, which covers seven league games and two Amway Canadian Championship matches.

After sitting out Toronto's first two games of the season with a hamstring issue, Altidore went scoreless in six matches.

An MRI revealed a Grade 2 hamstring pull (Grade 3 being the worst). THE CANADIAN PRESS

IN BRIEF

Italian soccer team coach cleared of match-fixing

Italy coach Antonio Conte was cleared of match-fixing Monday after a fast-track trial in Cremona.

Prosecutor Roberto Di Martino had requested a suspended six-month sentence as well as a fine of 8,000 euros.

Conte had asked for an expedited trial in order to have a decision before the start of next month's European Championship.
THE ASSOCIATED PRESS

Canada to play Finland in battle of unbeaten teams

Canada downed France 4-0 Monday at the world hockey championship, setting up a winner-take-all matchup with Finland for first place in Group B.

Calvin Pickard made 13 saves to pick up a shutout as Canada improved its record to 6-0, tied for first place in the group with the Finns at 18 points.

Canada and Finland meet Tuesday in the final round-robin game for both teams. THE CANADIAN PRESS

metro Spiritualist Forum

FALI African Spiritual Reader
35 years of experience. Knowledge passed down from generation to generation. Problem solving by means of deep consultation in the mirror with effective competence, seriousness and secrecy. Specialized in reuniting relationships, business growth, jobs, court cases, removing evil spirits, protection.
Satisfaction guaranteed!
Pay after Results
Don/Mills/Sheppard
www.africanpsychicfali.com • fali75@gmail.com
CALL 416.614.8057

ASTROLOGER & PSYCHIC
Master: GANESH
BRING BACK LOVED ONES
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court
100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection...
647-721-2555
3063 A Huronforio St. (Huron forio & Dundas)

ASTROLOGER & PSYCHIC
Master: RAJARAM
SOLVES PROBLEMS: JOB, HEALTH,DEPRESSION, MONEY, KIDS, FAMILY, HUSBAND-WIFE, LOVE, COURT, JEALOUSY
SAT - SUN FREE READING
Solves All Problems in 24 Hours
Removes Black Magic, Jadoo, Vodoo, Witchcraft, Bad Energy & Gives 101% Full Protection
416-716-1269
5810 Steeles Ave W(#13), Etobicoke ON M9V 5C6
Near UTHAYAS (KIPLING & STEELES)

WORLD FAMOUS ASTROLOGER
100% Satisfaction Guarantee
Master: JAI DEV GURU
Solves Problems: Job, Family, Love, Children,Money, Business, Divorce, Jealousy, Husband-Wife, Depression, Sickness etc
If you have Problems, Meet me & Get 100% Solutions
Removes Black Magic, Jadoo, Vodoo, Obeya & Gives 100% Protection
647-669-1729
* 1672 JANE ST, JANE & LAWRENCE, Toronto
* 7110 AIRPORT RD,AIRPORT & DERRY, Mississauga

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better.
metronews.ca/panel

Service Directory To advertise contact Ian March at 416-443-4388 metro

EDUCATION

Become a Medical Lab Technician In Months!
Financial Assistance May Be Available to Those Who Qualify
ANDERSON COLLEGE
OF HEALTH, BUSINESS AND TECHNOLOGY
Downtown: 647.691.0936
North York: 647.360.7198
ANDERSONCOLLEGE.COM

FINANCIAL

FINANCIAL

GET OUT OF DEBT!

CALL THE
Licensed Debt Professionals™

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

DAVID SKLAR, CPA, CIRP, LIT

Free Consultation 310-9200

DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators · Financial Counsellors · Licensed Insolvency Trustee

HEAD OFFICE: 245 Fairview Mall Drive, Suite 720, Toronto, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

STEVEWELKER.CA

DEBT RELIEF
WHEN YOU CAN'T REPAY

☎ Free Advice
647-793-6411

CAN YOU REPAY YOUR DEBT ON YOUR OWN?
IF NOT, OUR SERVICES

- Stop: Collection Calls, Interest, Lawsuits & Garnishments
- Reduce Your Debt & Stress
- Don't Require Money Up-Front
- Consolidate Your Debt
- Bankruptcy Is Always The Last Resort

MAIN OFFICE:
1969 WESTON ROAD
Walker and Company Inc.
Licensed Insolvency Trustees

☎ 647-793-6411
Barrie | Brampton | Burlington | Downtown | Etobicoke | Markham | Mississauga | North York | Scarborough | Whitby

---

TOO MANY BILLS...
...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling

416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough

KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY

905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com

FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS

Head Office: Rexdale, others non-resident

DEBT RELIEF
Are you drowning in debts?

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
nona@rumanek.com

Rumanek & Co. Ltd. Licensed Insolvency Trustee,
Head office in North York, Ontario
9 Locations in Ontario

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG
License # 11931

STOP COLLECTION CALLS

GET DEBT RELIEF NOW!

CALL ERIKA
(LICENSED DEBT EXPERT)

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

---

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

MORTGAGES
1st, 2nd & 3rd Mortgages
Residential & Commerical
*Money Credited
Fast Approvals, Low Rates
Bad Credit? No Problem
*No Fees, *Free Appraisals
Debt Consolidation
*Terms & Conditions Apply TMACC Lic#10530
MORTAGO.CA
416.667.8996

LOWEST RATES for bad credit loans since 1984

What would you do with
$20,000?
PFS

- ✓College Tuition?
- ✓Home Renovation?
- ✓Wedding?
- ✓Travel?

You decide.

Paid off car 6 years or newer?

Borrow up to $20,000 the same day!

416-634-2013 *BorrowWithYourCar.com*
*Call for details and conditions
A division of Prudent Financial Services

---

credit700.ca

$750 Loan and more

No credit check

Open 7 days from 8 to 8 (EST)

Call us or apply online

1-855-527-4368
www.credit700.ca

MONEY PROBLEMS?

Make One Small Monthly Payment For All Your Debts!

WE CAN
- ✔ Stop Collection Calls
- ✔ Reduce your Debts
- ✔ Stop Wage Garnishment
- ✔ Stop Interest Right Away
- ✔ Re-Establish your Credit
- ✔ Deal with your Tax Issues

Visit:
GtaCredit.Com

North York (416) 650-1100	Scarborough (416) 754-0011
Mississauga (905) 275-4200	Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100	Toronto Downtown (416) 489-2000

gta credit

Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

---

CAREER

Active Career Advancement Project

Are you an internationally trained professional?

- Working 20 hours or more in a job which underutilizes your education and expertise?
- Seeking an alternative career relevant to your professional training?
- Residing in Canada more than 5 years?

Contact us for more information about the Active Career Advancement Project.

tel. 905.770.7040 ext. 232
www.acapcanada.ca acap.gta@success.bc.ca

Pathways to **Possibilities** Parcours Vers **l'avenir**

RECIPE Turkey and Sweet Potato Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The marriage of savoury turkey and sweet potato is definitely charmed but it's the topping of gooey mozzarella that makes this easy dinner perfect.

Ready in
Prep time: 5 minutes
Cook time: 15 minutes

Ingredients
- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 1/2 Tsps chili powder
- 1 1/2 cups yellow pepper, diced
- 1 1/2 cups sweet potato, peeled and diced
- salt and pepper
- 1/2 cup mozzarella, grated

Directions

1. In a large, oven-safe skillet, brown your turkey over medium heat, breaking it up as you heat it. Cook for about 5 minutes. Add onions and garlic and cook for another 5 minutes. Sprinkle the chili powder over top and give it all a good stir.

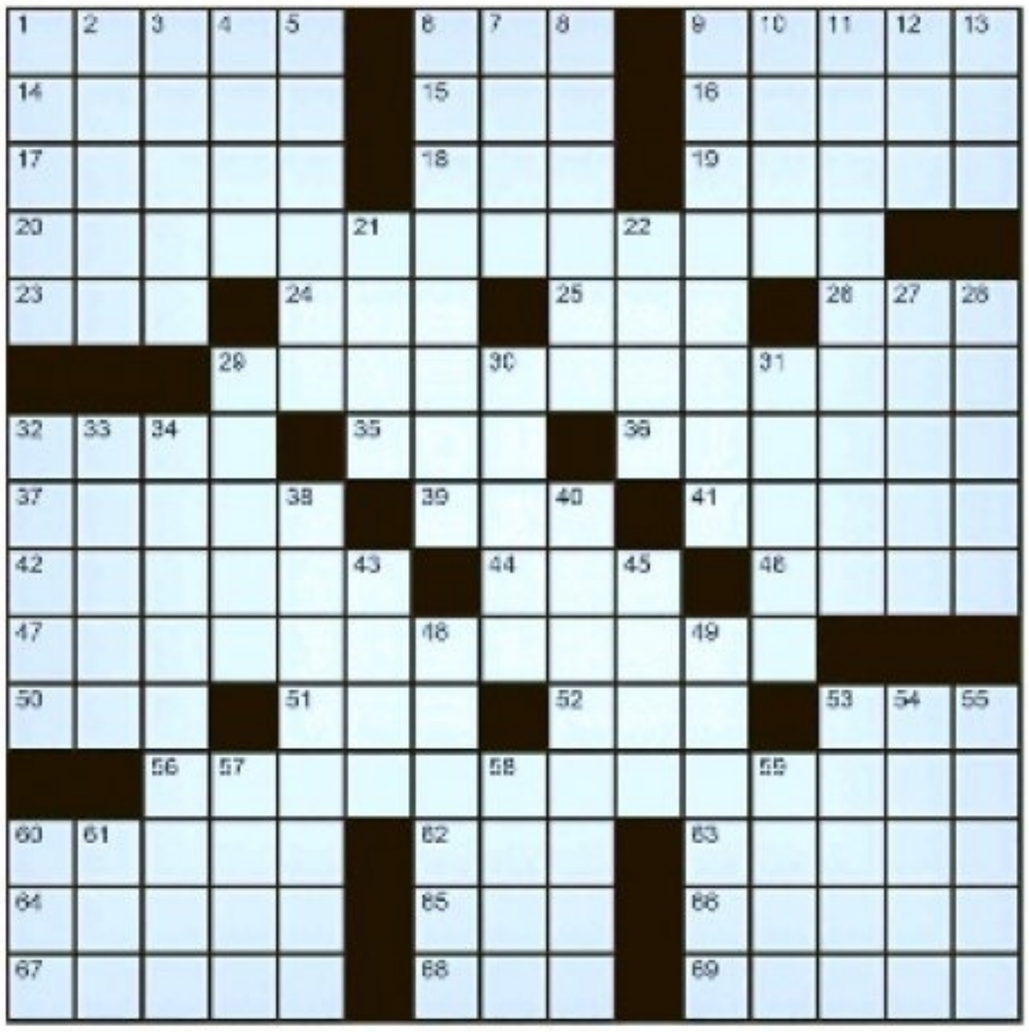
2. Add the yellow pepper and allow to soften for another 3 minutes. Stir in sweet potatoes, cover and cook for about 10 minutes. Stir occasionally and add a bit of water if things dry out. Check to see that sweet potatoes are tender. Add salt and pepper to taste.

3. Sprinkle the grated cheese over top. Turn broiler on. Place the skillet under the heat for a minute or two — watch it! — until the cheese melts and just starts to brown. Remove carefully from the oven and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Mr. Chipmunk of novelty tunes
6. Towel holder
9. __ the toy, as a kitten
14. Songstress Ms. Lewis
15. Prefix with 'dermis'
16. Figure of speech
17. Cordiality
18. Blokes
19. Skincare brand
20. She stars as Jason Priestley's character's wife on new Family Channel comedy "Raising Expectations": 2 wds.
23. __ break
24. Latin: At the age of [abbr.]
25. Prince William's li'l brother
26. Tip to 'doo'
29. 1986 movie starring the actress at #20-Across: 3 wds.
32. Italian actress, Virna __
35. "Phooey!"
36. Gas tank filler
37. Music: Speed up gradually, briefly
39. "__. _ & the Women" (2000)
41. Mediterranean island
42. "Hero" singer Ms. Carey
44. Poet mr. cummings, et al.
46. Prezzes
47. "Beverly Hills, 90210" character played by the Vancouver-born star at #20-Across: 2 wds.
50. School yr. part
51. Caesar's 56
52. "Lady Marmalade" co-singer
53. French 'friend'
56. The actress at #20-Across served detention in this 1985 hit flick, with The: 2 wds.
60. Los Angeles, __.
62. Traditional tree
63. Presses
64. Guitarist, Lenny __ (b.1941 - d.1984)
65. Alkali
66. "Open __" (2003) directed by Kevin Costner
67. Certain carpeting
68. Ireland's __ Lingus
69. Prod: 2 wds.

DOWN
1. Western starring Canadian actor Glenn Ford, "The Man from the __" (1953)
2. Fruit wedge
3. "Presto!"
4. Airport designation, e.g.
5. "The Big Bang Theory" star Kunal
6. Paid
7. Receptive
8. Small inflatable boat
9. 19th-century circus legend: initials + surname
10. Botanical casing
11. Kawartha Lakes community in Ontario
12. Pre-May mo.
13. Jeans top
21. Coral formation
22. Oliver Twist, for one
27. Two down, __ go...
28. Gumbo ingredients
29. __ the face (Slapstick maneuver)
30. Flung
31. Fuzzy fruit
32. Clarice Starling's flock
33. "Why should __?"
34. Jumbles
38. Soup serving amount
40. Preparer of Orange Pekoe: 2 wds.
43. Jay Z's "Izzo (_-_-_-)"
45. Mr. Stallone, et al.
48. Electrical pioneer Mr. Tesla
49. Form of comedy
53. Sing-__
54. "In the Summertime" by __ Jerry
55. A Doll's House dramatist
57. US music trade org.
58. Ms. Dunaway
59. Rugged cliff
60. "Survivor" station
61. Mr. Onassis, tiny-ly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a day for serious, practical discussions with partners, spouses and close friends. People want to strategize how things should be done in the future.

Taurus April 21 - May 21
You will accomplish a lot at work today because you're motivated. It's easy to put duty and obligations before play and fun.

Gemini May 22 - June 21
Romantic partners might discuss the division of labour or how to share expenses. This is because you are in a practical frame of mind and ready to address these issues.

Cancer June 22 - July 23
Someone older, perhaps a family member, might have practical advice for you today. Why not stand on the shoulders of those who have gone before you?

Leo July 24 - Aug. 23
Whatever work you do today, you will do carefully with attention to detail. This is because you want things to be more orderly in your life. Too much helter-skelter is draining!

Virgo Aug. 24 - Sept. 23
With cash flow, you will be practical today. You will not buy frivolous items. Whatever you buy will be long-lasting and useful — for sure.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, dancing with Saturn. This makes duty, orderliness and hard work a priority. (Work hard, party hard!)

Scorpio Oct. 24 - Nov. 22
Research of any kind will go well today because you have the motivation to go after what you're looking for. You will pay attention to detail and maintain a steady focus.

Sagittarius Nov. 23 - Dec. 21
Ask advice from someone older, perhaps a friend. Whatever this person says might affect your attitude toward your future goals.

Capricorn Dec. 22 - Jan. 20
A discussion with a boss, parent or someone in a position of authority will go well today because you will respect what he or she has to say.

Aquarius Jan. 21 - Feb. 19
This is a good day to make travel plans or plans for future education. Work related to publishing, the media, medicine and the law will be productive because you mean business.

Pisces
Feb. 20 - March 20
Tie up loose ends about taxes, debt, insurance issues and inheritance today, because you have the frame of mind to do this. You won't overlook details.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			1				6	
3	4			6		5	9	
	7				2			
		5						6
	9						4	
2						8		
			3				1	
	6	1		9			8	7
	5				7			

©2016 Conceptis Puzzles, Inc. by King Features Syndicate, Inc.

We have the widest choice of airfares.
Speak with an Airfare Expert today!
FLIGHT CENTRE The Airfare Experts
1 866 502 4269
Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

MS IS FLUENT IN BOTH ENGLISH AND FRENCH.

It doesn't matter whether you speak English or French.
In Canada, you have a greater risk of developing
multiple sclerosis than in any other country.

So what will you do?

FLEE **FIGHT**

Join the fight at endMS.ca